



# Beth Ann

## DICE

### CHOCO BANANA COOKIE

154 CALORIES      55g PROTEIN      89g CARBS      16g FAT

**INGREDIENTS:**

1	LARGE BANANA
4	CHOCOLATE WAFER COOKIES
1½	NONFAT FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER CHOCLOCLATE (22 GRAMS/PER SCOOP)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

### CHOCO CREME

441 CALORIES      63g PROTEIN      47g CARBS      5g FAT

**INGREDIENTS:**

2 C	NON-FAT CHOCOLATE FROZEN YOGURT
½ C	NON-FAT MILK
2 SCOOPS	WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/SCOOP)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



### CHOCO MALT

406 CALORIES      54g PROTEIN      35g CARBS      6g FAT

**INGREDIENTS:**

1 TBSP	MALTED MILK POWDER
2 SCOOPS	WHEY PROTEIN POWDER CHOCLOCLATE (22 GRAMS/PER SCOOP)
½	NONFAT FROZEN YOGURT

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

